

Day	Morning Drink (Empty Stomach)	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Dinner	Evening Drink
1	Aloe vera juice in lukewarm water	No-cook high-protein poha	Seasonal fruit (200g)	High-protein paratha	Handful of nuts	Mixed vegetable salad with grilled chicken	Gond Katira Shikanji
2	Lemon water	Greek yogurt with berries and nuts	Mango slices	Quinoa salad with chickpeas	Carrot sticks with hummus	Lentil soup with a side of steamed broccoli	Mango chia seed pudding
3	Green tea	Oatmeal with fresh fruit	Watermelon cubes	Brown rice and mixed vegetable stir-fry	Apple slices with peanut butter	Baked salmon with asparagus	Mint and cucumber infused water
4	Apple cider vinegar in water	Scrambled eggs with spinach and tomatoes	Pineapple chunks	Whole wheat wrap with hummus and veggies	Greek yogurt with honey and almonds	Grilled tofu with quinoa and veggies	Ginger and lemon tea
5	Ginger tea	Smoothie with spinach, banana, and almond milk	Cantaloupe slices	Chicken salad with a variety of greens	Handful of mixed berries	Stuffed bell peppers with ground turkey	Aloe vera juice
6	Lemon water	Avocado toast with whole grain bread	Kiwi fruit	Lentil and vegetable stew	Handful of nuts	Grilled shrimp with zucchini noodles	Coconut water
7	Warm water with honey	Cottage cheese with mixed fruit	Cherries	Spinach and feta stuffed chicken breast	Celery sticks with almond butter	Veggie stir-fry with tofu	Herbal tea
8	Green tea	Berry smoothie bowl	Apple slices	Chickpea salad with a variety of veggies	Handful of walnuts	Grilled turkey breast with roasted veggies	Basil and lemon water
9	Aloe vera juice in lukewarm water	No-cook high-protein poha	Seasonal fruit (200g)	High-protein paratha	Handful of nuts	Mixed vegetable salad with grilled chicken	Gond Katira Shikanji
10	Lemon water	Greek yogurt with berries and nuts	Mango slices	Quinoa salad with chickpeas	Carrot sticks with hummus	Lentil soup with a side of steamed broccoli	Mango chia seed pudding
11	Green tea	Oatmeal with fresh fruit	Watermelon cubes	Brown rice and mixed vegetable stir-fry	Apple slices with peanut butter	Baked salmon with asparagus	Mint and cucumber infused water
12	Apple cider vinegar in water	Scrambled eggs with spinach and tomatoes	Pineapple chunks	Whole wheat wrap with hummus and veggies	Greek yogurt with honey and almonds	Grilled tofu with quinoa and veggies	Ginger and lemon tea
13	Ginger tea	Smoothie with spinach, banana, and almond milk	Cantaloupe slices	Chicken salad with a variety of greens	Handful of mixed berries	Stuffed bell peppers with ground turkey	Aloe vera juice
14	Lemon water	Avocado toast with whole grain bread	Kiwi fruit	Lentil and vegetable stew	Handful of nuts	Grilled shrimp with zucchini noodles	Coconut water
15	Warm water with honey	Cottage cheese with mixed fruit	Cherries	Spinach and feta stuffed chicken breast	Celery sticks with almond butter	Veggie stir-fry with tofu	Herbal tea
16	Green tea	Berry smoothie bowl	Apple slices	Chickpea salad with a variety of veggies	Handful of walnuts	Grilled turkey breast with	Basil and lemon water

Day	Morning Drink (Empty Stomach)	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Dinner	Evening Drink
						roasted veggies	
17	Aloe vera juice in lukewarm water	No-cook high-protein poha	Seasonal fruit (200g)	High-protein paratha	Handful of nuts	Mixed vegetable salad with grilled chicken	Gond Katira Shikanji
18	Lemon water	Greek yogurt with berries and nuts	Mango slices	Quinoa salad with chickpeas	Carrot sticks with hummus	Lentil soup with a side of steamed broccoli	Mango chia seed pudding
19	Green tea	Oatmeal with fresh fruit	Watermelon cubes	Brown rice and mixed vegetable stir-fry	Apple slices with peanut butter	Baked salmon with asparagus	Mint and cucumber infused water
20	Apple cider vinegar in water	Scrambled eggs with spinach and tomatoes	Pineapple chunks	Whole wheat wrap with hummus and veggies	Greek yogurt with honey and almonds	Grilled tofu with quinoa and veggies	Ginger and lemon tea
21	Ginger tea	Smoothie with spinach, banana, and almond milk	Cantaloupe slices	Chicken salad with a variety of greens	Handful of mixed berries	Stuffed bell peppers with ground turkey	Aloe vera juice
22	Lemon water	Avocado toast with whole grain bread	Kiwi fruit	Lentil and vegetable stew	Handful of nuts	Grilled shrimp with zucchini noodles	Coconut water
23	Warm water with honey	Cottage cheese with mixed fruit	Cherries	Spinach and feta stuffed chicken breast	Celery sticks with almond butter	Veggie stir-fry with tofu	Herbal tea
24	Green tea	Berry smoothie bowl	Apple slices	Chickpea salad with a variety of veggies	Handful of walnuts	Grilled turkey breast with roasted veggies	Basil and lemon water
25	Aloe vera juice in lukewarm water	No-cook high-protein poha	Seasonal fruit (200g)	High-protein paratha	Handful of nuts	Mixed vegetable salad with grilled chicken	Gond Katira Shikanji
26	Lemon water	Greek yogurt with berries and nuts	Mango slices	Quinoa salad with chickpeas	Carrot sticks with hummus	Lentil soup with a side of steamed broccoli	Mango chia seed pudding
27	Green tea	Oatmeal with fresh fruit	Watermelon cubes	Brown rice and mixed vegetable stir-fry	Apple slices with peanut butter	Baked salmon with asparagus	Mint and cucumber infused water
28	Apple cider vinegar in water	Scrambled eggs with spinach and tomatoes	Pineapple chunks	Whole wheat wrap with hummus and veggies	Greek yogurt with honey and almonds	Grilled tofu with quinoa and veggies	Ginger and lemon tea
29	Ginger tea	Smoothie with spinach, banana, and almond milk	Cantaloupe slices	Chicken salad with a variety of greens	Handful of mixed berries	Stuffed bell peppers with ground turkey	Aloe vera juice
30	Lemon water	Avocado toast with whole grain bread	Kiwi fruit	Lentil and vegetable stew	Handful of nuts	Grilled shrimp with zucchini noodles	Coconut water